



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

March 2014

A Letter from Mayor Dave Wood



As Mayor for the City of Mishawaka, it was my honor and privilege to stand before the City Clerk, Common Council, City Employees and Citizens of Mishawaka at the second regularly scheduled Common Council Meeting in February and deliver the State of the City Address. This year's theme, **"Our Formula for Success"**, is highlighted throughout the book with a few stories and statistics that I believe epitomizes Mishawaka. Our formula for success is not new. It is found in the mission statement that we honor by every decision we make, every action we take, every project that we undertake...

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Here is a much abbreviated list of highlights from my 2014 State of the City Address:

Finance & Debt-Free Initiative – I am pleased to report that we continue to have a balanced budget though cash flow is down from the prior year. The City remained on track in 2013 to meet our goal that I announced in 2012 of being debt-free of all general obligation bonds by the end of 2014.

Crime Rates in Mishawaka Continue to Drop – In the City of Mishawaka, our primary goal is to continue to decrease crime levels. I am pleased to report that in 2013 there was a drop in most crime categories from 2012. The MPD experienced fewer calls and dispatches in 2013. In 2014, a new police beat will be added to cover the Riverwalk, parks and the downtown. A new park patrol vehicle, emergency call boxes and security cameras along the Riverwalk will be installed to promote safety and protect the City's investment.

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Sleep...It's More Than Just For Beauty!

Health Information from Saint Joseph Regional Medical Center

If you or your loved one have trouble with sleeping and waking, you are not alone. More than one-quarter of the U.S. population report occasionally not getting enough sleep, while nearly 10% experience chronic insomnia. Sleep disorders encompass a variety of sleeping issues including trouble falling or staying asleep, falling asleep at the wrong times, too much sleep, or abnormal behaviors during sleep.

Sufficient sleep is increasingly being recognized as an essential aspect of health promotion and chronic disease prevention in the public health community while insufficient sleep is associated with the onset of a number of chronic diseases and conditions including diabetes, cardiovascular disease, obesity and depression.

Moreover, insufficient sleep has been linked to motor vehicle and machinery-related crashes causing substantial injury and disability each year. In short, drowsy driving can be as dangerous—and preventable—as driving while intoxicated.

The following tips may also be helpful if you suffer from sleep problems:

- Go to bed at the same time each night and rise at the same time each morning.

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UPCOMING EVENTS!

Mar 15	Eberhart-Petro Golf Course Opens for 2014 Season (<i>tentative - weather permitting</i>)
Apr 25	Arbor Day Celebration; 10am Normain Park
May 17	Relay for Life
Jun 28	Summerfest 5K Run/Walk (<i>new course layout and RFID timing</i>)

Volunteer Income Tax Assistance

VITA IRS-certified tax preparers will prepare and e-file your taxes for FREE!

Call 2-1-1 between 8am-5pm Mon-Fri to **confirm eligibility** and **schedule your appointment**.

ONLINE ACCESS

The City of Mishawaka maintains an online presence and can be found on the web at <http://mishawaka.in.gov>.

Find us on Facebook at <http://facebook.com/cityofmishawaka>

Remember, the current issue of the Mishawaka Communicator is always available as of the 1st of every month at <http://mishawaka.in.gov/communicator>

A Letter from Mayor Dave Wood *(continued)*

Mishawaka Fire Department – 2013 was an eventful year for the Mishawaka Fire Department. We started the year by moving into the new Fire Station #4 located at 3000 East Harrison Road. The City also began deploying three ambulances on a full-time basis. The Fire Department now operates ambulances at its Union Street, Normain Heights and Douglas Road stations furthering our goal of placing an ambulance in every station to improve emergency response time and increase the level of service.

Infrastructure Projects Completed in 2013

- *Wilson Boulevard Area* – combined sewer overflow long-term control plan and neighborhood improvements
- *Riverwalk Extension* – from Central Park through to Madison Street
- *Central Park Access* – from Cedar Street and the Hospice site infrastructure
- *Church St. Improvements* – road widening, turn lanes, lighting, pedestrian crosswalks from Lincolnway to 4th St.

Projects to be Completed in 2014

- *Central Park Renovation* – to include new restrooms, pavilions, play equipment, spray garden. Once complete, it will be a city-wide, family-oriented recreational amenity.
- *Central Services Relocation and Renovation* – to the former Scott Brass building
- *Church Street Improvements from 4th to 9th* – road widening, drainage improvements, aesthetic enhancements to underpass, lighting, etc.
- *South Gateway/Bremen Highway* – five-lane road expansion, access road, intersections, landscaping, lighting sewer & drainage improvements
- *Fir-Capital Connector* – new road, infrastructure from Fir Rd. to Toll Road interchange on Capital Ave.
- *West St. Sewer Improvements and Master Plan* – storm sewer improvements from the railroad tracks to 6th St.

Development/Redevelopment Efforts – While the local economy continued its slow, steady growth in 2013, we project that 2014 will see significant new growth. Some highlights in 2013 include the construction of 38 new single-family homes. The Center for Hospice and Palliative Care Administrative Facility has changed the landscape of the riverfront and downtown. This was the start of a larger campus that will eventually include a new hospice house, community bereavement center, palliative care center and administrative/support services.

Retirement of Long-time Leaders – in 2013 and 2014, the City will have lost some of our key, dedicated leaders that have been in place over the past few decades. I would like to acknowledge and recognize their contributions to the City. The Princess City is better because of their service. **Yvonne Milligan**, City Controller; **Ronald (Mike) Watson**, Street Commissioner; **Bruno Trimboli**, Water Department Division Manager; and **Don Demeter**, Wastewater Treatment Plant Operations Manager. Together, Yvonne, Mike, Bruno and Don have a combined 127 years of service to the City of Mishawaka.

I would encourage you to read the entire version of the address which is available on our City's website at <http://www.mishawaka.in.gov/soc2014>. I continue to be pleasantly surprised by what our Departments are able to accomplish on a yearly basis and I think you will be as well.

Mayor Dave Wood



Sleep...It's More Than Just For Beauty! *(continued)*

- Make sure your bedroom is a quiet, dark, and relaxing environment, which is neither too hot or too cold.
- Make sure your bed is comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music. Remove all TVs, computers, and other "gadgets" from the bedroom.
- Avoid large meals before bedtime.
- Avoid caffeine and alcohol close to bedtime.
- Avoid nicotine.

If your sleep problems persist or if they interfere with how you feel or function during the day, you should seek evaluation and treatment by a physician, preferably one familiar with assessing and treating sleep disorders.